WHAT IS CLAIMED IS:

- 1. A suspension system for a vehicle comprising:
 - a bar having a first end, a middle portion, and a second end;
 - a first elongated cylindrical body pivotally connected to the vehicle;
- a first pivot block rotatably and slidingly disposed on said first body, said first pivot block having an aperture receiving said first end of said bar;
- a second elongated cylindrical body pivotally connected to the vehicle; and a second pivot block rotatably and slidingly disposed on said second body, said second pivot block having an aperture receiving said second end of said bar.
- 2. The vehicle of claim 1, wherein said middle portion of said bar is rotatably attached to the vehicle.
- 3. The vehicle of claim 1, wherein vertical movement of one of said first cylindrical body and said second cylindrical body causes a force to be transferred to the other of said first cylindrical body and said second cylindrical body via said bar.
- 4. The vehicle of claim 2, wherein the first cylindrical body is a portion of a first A-arm and said second cylindrical body is a portion of a second A-arm, whereby said first A-arm and said second A-arm are located on opposite sides of the vehicle.
- 5. The vehicle of claim 4, wherein the vehicle is a snowmobile.
- A vehicle having a suspension system, comprising:a suspension element pivotally connected to the vehicle; anda support having

an elongated body having a front side defined by a forward direction of the vehicle and a rear side defined by a rearward direction of the vehicle;

a first protrusion projecting from one of the front side and the rear side of said body; and

a second protrusion projecting from the same side of said body on the same side as said first protrusion, wherein one of said first protrusion and said second protrusion being moveably connected to said suspension element of the vehicle, and said elongated body being adapted to be connected to a ground-engaging element of the vehicle.

- 7. The vehicle of claim 6, wherein said first and second protrusions are integral with said support and said support is an aluminum extrusion having a direction of extrusion perpendicular to a forward direction of travel of the vehicle.
- 8. The vehicle of claim 6, wherein said first and second protrusions are integral with said support and said support is an aluminum extrusion having a direction of extrusion perpendicular to one of the first protrusion and the second protrusion.
- 9. The vehicle of claim 8, wherein said support further comprises at least one hole passing therethrough.
- 10. The vehicle of claim 8, wherein the vehicle is a snowmobile and said ground engaging element is a ski.
- 11. The vehicle of claim 10, wherein the vehicle is a snowmobile and said ground engaging element is a ski.
- 12. The vehicle of claim 2, wherein the support has an axis of rotation defined by a line which passes through one of said first protrusion and said second protrusion connected to the suspension element.
- 13. The vehicle of claim 7, wherein said axis is 10° to 30° from vertical.
- 14. The vehicle of claim 7, wherein said axis is 15° to 25° from vertical.
- 15. The vehicle of claim 7, wherein said axis is 20° from vertical.
- 16. The vehicle of claim 7, wherein the vehicle is a snowmobile and said ground engaging element is a ski.